



Anti-gay bill now the law in Uganda

Country's president says the bill was needed because the West is promoting homosexuality in Africa

PAGE 8

BREWING UP A COFFEE WAR, EH

NEW PLAYERS IN CANADA'S COFFEE MARKET USE THE POWER OF PATRIOTISM TO LURE IN CUSTOMERS

PAGE 12



SENSational economics

Boost. Ottawa Senators have pumped \$3 billion into city's economy since 1992, according to study



TREVOR GREENWAY
trevor.greenway@metronews.ca

The Ottawa Senators — and the 118,000 tourists the team draws for games and other events — are a boon to the city, according to a University of Ottawa economic impact study that says the team brings in about \$100 million of direct spending to the capital every year, with another \$100 million coming in as a ripple effect.

Former University of Ottawa prof and chair of the Ohio University Department of Sports Administration Norm O'Reilly led the study with a handful of peers and about 50 grad students and says the \$100-million economic spinoff is strictly revenue from outside the city — cash that would not have made it here if it weren't for the Senators Sports and Entertainment group. That includes cash com-



A new University of Ottawa study has found that the Ottawa Senators bring \$100 million of revenue into the region every year. FRANCOIS LAPLANTE/GETTY IMAGES/FREESTYLE PHOTO

ing in from North America's largest minor hockey tournament, the Bell Capital Cup, special events at the Canadian Tire Centre and concerts.

"You and I are from here and we go to the Senators game tonight and spend \$100 on beer and food. That's zero, nothing," said O'Reilly, adding that his study didn't include things like

tickets to games, as seats would likely get purchased from a local fan if not a tourist. "We only considered any impact that actually comes from outside of the city."

The study looked at everything from Senators TV rights deals and cash coming from the Ottawa Senators Foundation, the Rink of Dreams and

Roger's House, to special events such as the World Junior Hockey Championships and the Women's World Hockey Championships. The study estimates the Senators economic impact since rejoining the NHL in 1992 has been \$3 billion.

Senators owner Cyril Leeder said the data is proof that the Senators are more than just a

Key study highlights

- Ottawa Senators hockey, both regular-season and playoff games, draws more than 118,000 tourists every year.
- Tourism by non-local visitors to Bell Sensplex facilities and the Bell Capital Cup generates \$21.7 million annually (direct and indirect).
- World-class events hosted by the Senators, like the 2012 NHL All-Star Game,
- the 2009 World Junior Hockey Championship and the 2013 Women's World Hockey Championship, have generated an average of \$9.5 million annually (direct and indirect), based on \$4.3 million of direct spending.
- More than 478,000 people, who represent about half of Ottawa-Gatineau's population, have attended at least one Senators' philanthropic event since 1992.

hockey club.

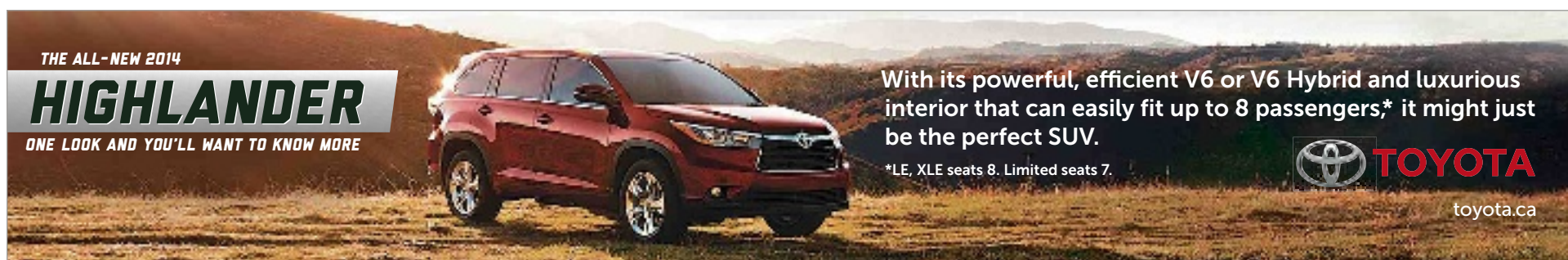
"View the Ottawa Senators as an entity, not as a hockey club," Leeder told Metro on Monday. "It really is an important community asset to Ottawa, to the business community it's important, for the charitable community it's important and just from a social and psyche point of view, the team is important to Ottawa."

According to the study, about 87 per cent of tourists visiting Ottawa said they did so because of Senators-related

events, with many of them indicating they were very likely to return, and 56 per cent of area residents agreed the organization had a positive impact on the region.

"Twenty per cent of people knew about Ottawa because of the team and then had some inkling that they might want to come here," added O'Reilly.

"That doesn't count as part of the economic analysis, it's not part of the \$100 million, but it shows us some of this value."



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Philippe Steele-Morin

Montreal police post \$5K reward for murder suspect



Philippe Steele-Morin
CONTRIBUTED

Montreal police have posted a \$5,000 reward for anyone with information that could lead to the arrest of Philippe Steele-Morin.

The 30-year-old Gatineau resident is the lead suspect in the death of Tricia Boisvert. He's wanted on a charge of second-degree murder.

Boisvert's body was found in a rural residential area in Quyon on Jan. 23. She had been missing from her Montreal apartment for a week.

Police posted the reward Monday. Sun Youth, a charity that serves low-income families in the Montreal area, is providing the cash prize via an anonymous donor.

Steele-Morin is described as a white male, with short brown hair and blue eyes. He has a tattoo of an eagle on his left arm and a dragon on most of his right arm. He's five-foot-seven and weighs 161 pounds.

Police say he could be in the Ottawa-Gatineau region.

Anyone with information can contact Info-Crime Montréal at 514-393-1133. All information will be treated confidentially and anonymously.

LUCY SCHOLEY/METRO

Lansdowne to usher in Cineplex

Movie buffs longing for the days of a downtown Ottawa cinema will soon be able to catch a matinee at Lansdowne Park.

Cineplex is moving a 10-screen theatre complex with up to 1,700 seats into the urban village by the end of this year.

Buttery popcorn is not the only thing theatregoers will be able to get their hands on.

Three VIP auditoriums will be licensed to serve beer, wine and martinis and a menu could include calamari and burgers. Leather seating, wall-to-wall screens and surround sound will also be part of Cineplex

Cinemas Lansdowne and VIP. Six other theatres will feature traditional movie experience.

"Cineplex will be operating a theatre formula that's never been in Ottawa before," said Bernie Ashe, CEO of the Ottawa Sports and Entertainment Group. "It's a really important part of what's going to make Lansdowne work."

Mike Langdon, director of communications for Cineplex Entertainment, said Lansdowne is a "premier sports and entertainment attraction."

"We think it's a great fit for our brand and we think it will



A shot of Cineplex's Queensway VIP Cinema. CONTRIBUTED

be a great fit for moviegoers."

So far, Whole Foods, Sporting Life, LCBO, Joey, Il Fornello

and Local are also confirmed for Lansdowne Park.

LUCY SCHOLEY/METRO

Ottawa docs take lead on health networks

Nationwide.

Leadership positions announced as feds unveil new funding

Two Ottawa doctors have been tapped to lead a national network of scientists studying chronic obstructive pulmonary disease (COPD), asthma, kidney failure and dementia.

Dr. Shawn Aaron, head of respirology at The Ottawa Hospital and senior scientist at the Ottawa Hospital Research Institute was named director of the Canadian Respiratory Research Network Monday when federal Health Minister Rona Ambrose announced funding for three national health-research networks.

"A network takes people from all disciplines and gets

them together so that they can work in concert," Aaron told Metro on Monday. "This gets them all out of their silos. The advantage is that you can get cross-collaboration between experts in many disciplines and many fields to attack a common problem."

Two of those problems are COPD and asthma, which Aaron said affect about 12 per cent of Canadians.

Aaron will focus on treatment and prevention and finding blood "bio-markers" that can "predict disease and predict bad outcomes in people with COPD and asthma."

He said such markers could be used to, for example, encourage a teen to quit smoking if he had a higher chance of getting COPD.

Ottawa Hospital Research Institute CEO and scientific director Dr. Duncan Stewart



Dr. Shawn Aaron was named director of the Canadian Respiratory Research Network on Monday. COURTESY DWAYNE BROWN

will lead the Canadian Vascular Network to focus on blood-vessel damage and its links to dementia, kidney failure and heart disease.

The Canadian Stroke Prevention Intervention Network will be led by Dr. Jeff Healey of McMaster University and Ham-

ilton Health Sciences.

The feds are chipping in \$4.35 million per network with another \$9.6 million coming from pharmaceutical firms, health charities and academic institutions, including the University of Ottawa.

TREVOR GREENWAY/METRO

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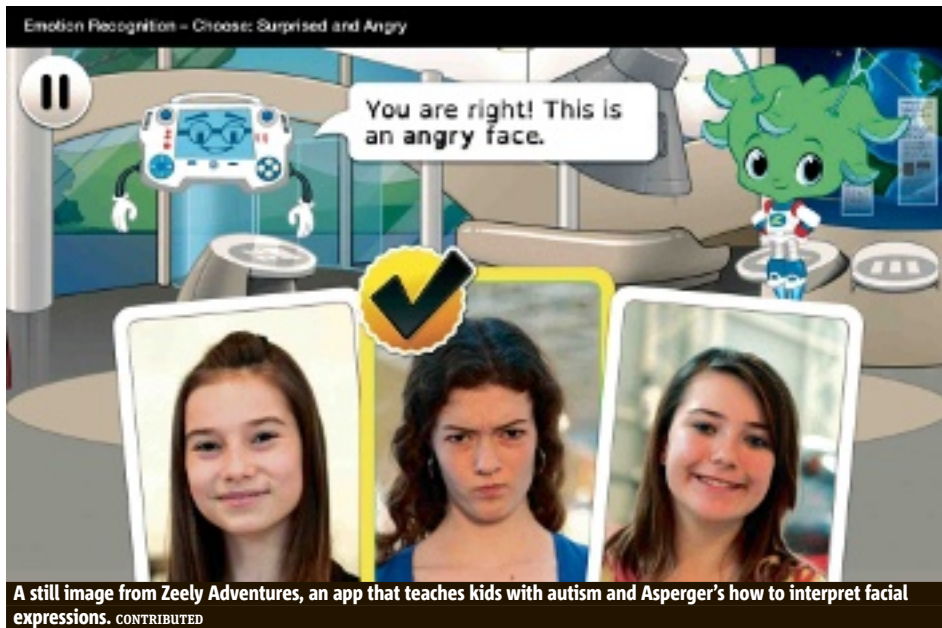


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1 NEWS



App helps autistic kids decode smiles

Zeely Adventures. Developer's child's learning disability inspired brain game



A smile might be a simple way to communicate, but it can be confusing to a child with autism or Asperger syndrome.

Zeely Adventures is a new app geared toward helping kids with similar learning disabilities interpret facial expressions. Games with colourful characters teach youth under 10 how to decode frowns and tears and are more fun than therapy, says Natasha D'Souza, the app's developer.

"For whatever reason, these

individuals have challenges interpreting facial emotions, which results in them being socially awkward," she said. "Research also says that you can teach them emotions, feelings and social skills and once they've mastered them, they have these skills for life."

D'Souza, who has a child with a learning disability, said she came up with the app when she was a graduate student at Carleton University's technology innovation management program. On top of her studies and consulting job, she was helping her recently diagnosed child through therapy sessions and navigating the school system.

She started reading up on

learning disabilities and decided to focus her graduate thesis on that field. She secured support from the Ontario Brain Institute for Zeely Adventures and the app launched last month.

Dr. Philippe Adams, an Ottawa psychologist, has yet to try Zeely Adventures, but said that there have been similar programs launched elsewhere with scientific backing.

"I think the approach itself definitely has some merit," he said. "Whether it can work for children here and now in that specific package, well I think that probably depends on the fit between the package and the child."

D'Souza said she plans to create other apps geared towards older youth.

Zeely Adventures is available at zeelyadventures.com and on iTunes for \$19.99.



Artist waxes scientific in Ottawa art exhibit

Aganetha Dyck has combined art and science by collaborating with the most unlikely of artists.

The artist has more than four decades of experience working with honeybees. Her artwork, featuring wax-covered objects, will be shown at the Ottawa School of Art from March 3rd to April 13th.

Bees first caught Dyck's interest in 1988 when she went to a bee co-op to purchase wax and saw a sign above the counter constructed of honeycomb that read "Bee Made." She decided then she wanted to work with honeybees.

Dyck's interest in environmental issues has led her to work with a number of scientists, including Dr. Mark Winston of Simon Fraser University. Winston's research suggests bees communicate amongst themselves and other animals through chemical signals. In her work, Dyck takes this a step further to suggest that the rea-



Aganetha Dyck's "Honeybee Alterations" is just one of the pieces on exhibit at the Ottawa School of Art from March 3 to April 13. COURTESY PETER DYCK

son for their fragile existence is that "maybe we're just not listening."

Putting a strong emphasis on collaboration, Dyck suggests "the bees are actually the artists." She calls bees the "great fixer-uppers" and describes

their hives as "pristine" because of their "attention to detail."

You can see Dyck's "interspecies communication" at the vernissage in the Ottawa School of Art's Main Gallery on March 6th at 5 p.m.

TANYA KIRNISHNI/FOR METRO

Little Italy nears end of CDP planning process

Little Italy's disputed development plan is inching closer to completion and it seems to finally have found some common ground.

The final draft of the Community Development Plan (CDP) for the Preston-Carling District will be presented Tuesday night, with a few sweeping changes to the initial plan.

After opposition from area residents, the plan for more collector streets — busy thoroughfares from the main arteries — has been scrapped. A resi-

dential hub will be protected by a "neighbourhood line," which will prevent 40-storey buildings from overshadowing more modest skylines.

"It gives us more certainty in the neighbourhood as to where highrises will be, where mid-rises will be," said Kitchissippi Coun. Katherine Hobbs.

The CDP sets out a neighbourhood's unique planning needs. For example, the Preston-Carling District is different from Barrhaven in that it has two-to-four-storey apartments,

single-family homes dating back to the late 19th century and a mixed commercial-residential main street on Dalhousie.

Scott Street was the first area to implement a CDP and now Centretown, among other areas, is working on similar plans.

The second draft of the Preston-Carling development plan will be presented at St. Anthony's Banquet Hall at 523 St. Anthony St. on Tuesday, Feb. 25 at 6 p.m. LUCY SCHOLEY/METRO



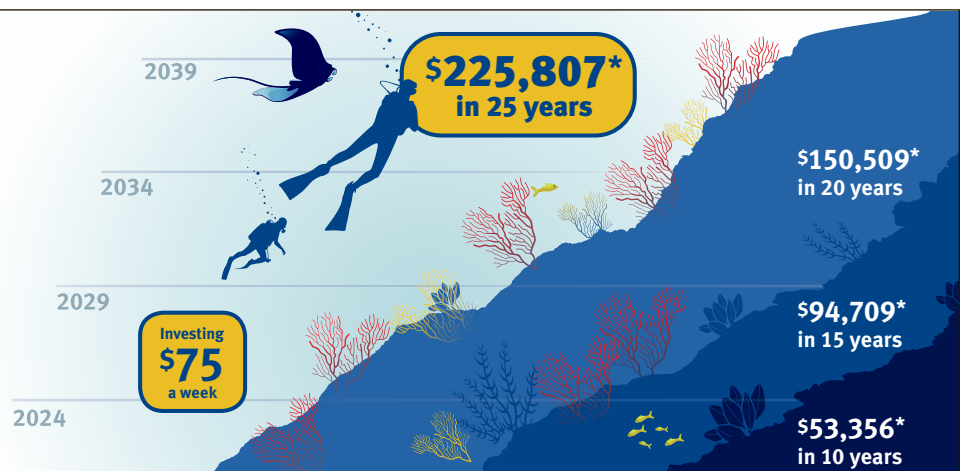
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Manitoba. Greyhound bus killer should have more freedom, says psychiatrist

A doctor is suggesting that a man who beheaded a passenger on a Manitoba Greyhound bus should get more freedom.

Vince Li's psychiatrist is asking the Criminal Code Review Board to let Li have unescorted day trips to Selkirk, Man.

Dr. Stephen Kremer says Li should also be moved out of a locked ward and onto an unlocked ward at the Selkirk Mental Health Centre.

THE CANADIAN PRESS



Vince Li THE CANADIAN PRESS FILE

Truth and Reconciliation. Alberta, NWT bishops say sorry for abuse of children

Catholic bishops in Alberta and the Northwest Territories have apologized for abuse that aboriginal children suffered in residential schools.

Edmonton Archbishop Richard Smith said Monday the group is the last in the country representing Catholic bishops to make a public offer of regret. Others have issued

formal apology letters as the Truth and Reconciliation Commission held events in their regions, he said.

"We are adding our voice to those of the Catholic bishops and leaders of religious communities across Canada," Smith told students at Edmonton's Ben Calf Robe School.

THE CANADIAN PRESS

First Nation youth

Report calls for five-year plan

A new report by Ontario's advocate for children and youth is calling for a five-year plan to address the needs and difficulties facing aboriginal young people.

The report, titled *Feathers of Hope*, came out of meetings last year involving more than 160 aboriginal youth from 64 communities. THE CANADIAN PRESS

Election Act changes

NDP, Liberals push for hearings

The NDP is accusing the governing Conservatives of trying to rig Canada's election rules while clouding criticism of the changes as just another Ottawa battle.

The NDP, backed by the Liberals, wants hearings held across the country on proposed changes to the Elections Act.

THE CANADIAN PRESS

Arrest warrant issued for Ukraine's ousted leader

Kyiv. Derided by Russia as gun-toting thugs, new leaders move swiftly to open dialogue with West

With Viktor Yanukovich on the run, Ukraine's interim government drew up a warrant Monday for the fugitive president's arrest in the killing of anti-government protesters last week, while Russia issued its strongest condemnation yet of the new leaders in Kyiv, deriding them as "Kalashnikov-toting people in black masks."

Parliament speaker Oleksandr Turchynov, the interim president, moved quickly to open a dialogue with the West, saying at a meeting with EU foreign policy chief Catherine Ashton that the course toward closer integration with Europe and financial assistance from the EU were "key factors of stable and democratic development of Ukraine."

Yanukovich, who fled Kyiv on Saturday after the oppos-

Canada, U.S. react

- White House spokesman Jay Carney says the U.S. is prepared to help Ukraine regain economic stability by providing support.
- The Harper government is leaving the threat of sanctions against Russia on the table if it interferes in the events in Ukraine.

ition took over government buildings, has reportedly gone to the Black Sea peninsula of Crimea, a pro-Russia area.

Calls are mounting to put Yanukovich on trial after a tumultuous presidency in which he amassed powers, enriched his allies and family, and cracked down on protesters.

Acting Interior Minister Arsen Avakhov said on his official Facebook page that a warrant has been issued for the arrest of Yanukovich and several other officials for the "mass killing of civilians."

THE ASSOCIATED PRESS

Ukraine no 'laughing matter'

Trudeau slammed for hockey quip

The Conservatives took aim at Justin Trudeau on Monday for his tongue-in-cheek weekend remarks linking the upheaval in Ukraine to

Russia's Olympic hockey humiliation.

"So Justin Trudeau ... thinks the deadly crisis in Ukraine is a laughing matter," Employment Minister Jason Kenney tweeted.

Industry Minister James Moore also took to Twitter to draw attention to Trudeau's joke. THE CANADIAN PRESS



People lay down flowers at one of the streets leading to Independence Square in Kyiv, Ukraine, on Monday. Ukraine's acting government issued a warrant Monday for the arrest of President Viktor Yanukovich, accusing him of mass crimes against protesters who stood up against his rule. EFREM LUKATSKY/THE ASSOCIATED PRESS

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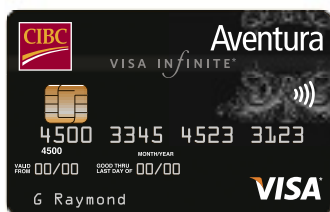
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Surprise move. Egypt's cabinet resigns; could pave the way for el-Sissi

Egypt's interim cabinet resigned Monday in a surprise move that could pave the way for the nation's military chief Abdel-Fattah el-Sissi to announce his widely anticipated plans to run for president in the spring. The resignation, announced by Prime Minister Hazem el-Beblawi in a televised statement, came amid a wave of labour strikes over the government's failure to fix the economy and rising popular anger nearly a year after Islam-

ist President Mohammed Morsi was ousted by the military.

THE ASSOCIATED PRESS

Changes

The Cabinet will remain until a new one is formed.

- El-Sissi has already secured the support of Egypt's military body to seek the presidency.

C. African Republic

Muslims killed in rural massacre

Christian militiamen killed at least 70 people in the remote southwest of Central African Republic, at one point ordering a group of Muslims to lie on the ground and shooting them one by one, witnesses said Monday. THE ASSOCIATED PRESS

Congo

Militia attacks displace thousands

The UN says 400,000 people have been displaced in recent months by fighting involving local militia groups in Congo's mineral-rich southeast Katanga province. THE ASSOCIATED PRESS

Defiant Ugandan pres. signs anti-gay bill



Ugandan students from different schools take part in an event organized by born-again Christians to celebrate the signing of a new anti-gay bill that sets harsh penalties for homosexual sex, at the Omega Healing Center outside of Kampala, Uganda, on Monday. STEPHEN WANDERA/THE ASSOCIATED PRESS

'Abhorrent.' White House press secretary Jay Carney says the country took a step backward and urged for the law's repeal

Uganda's president on Monday signed an anti-gay bill that punishes gay sex with up to life in prison, a measure likely to send Uganda's beleaguered gay community further underground as the police try to implement it amid fevered anti-gay sentiment across the country.

Ugandan President Yoweri Museveni said the bill, which goes into effect immediately, was needed because the West is promoting homosexuality in Africa. Museveni may have defied Western pressure to shelve the bill four years and many versions after it was introduced, but his move —

likely to galvanize support ahead of presidential elections — pleased many Ugandans who repeatedly urged him to sign the legislation. Nigeria's president similarly signed an anti-gay bill into law just over a month ago, sparking increased violence against gays who already were persecuted in mob attacks. Some watchdog groups warn a similar backlash of violence may occur in Uganda.

"Experience from other jurisdictions with similarly draconian laws, such as Nigeria or Russia, indicates that their implementation is often followed by a surge in violence against individuals thought to be lesbian, gay, bisexual or transgender," the International Gay and Lesbian Human Rights Commission said in a statement Monday. "The Ugandan government has not indicated any plans to counter such violence or to investigate potential allegations of abuse."

THE ASSOCIATED PRESS

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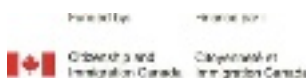
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Russia. Sochi's over, let the 'Gay Games' begin

Sochi's Olympics ended on a high note, with a closing ceremony full of spectacle and humour, to make the world forget controversies over cost and human rights. But the next Games are about to begin and could prove even more challenging.

The 'Open Games' start Wednesday, the creation of Russia's LGBT Sports Federation. Around 250 athletes from 11 countries are arriving in Moscow to compete in events including badminton, swimming and skiing over a packed five-day program. Athletes need not

be gay themselves, but "pro tolerance."

The Federation states their aim is to challenge Russia's laws on homosexuality, such as a ban on 'promoting' or publicizing gay events. It hopes to "empower LGBT and other people to struggle for their rights in the homophobic environment."

The organizers, led by former security service employee Viktor Romanov and ex-figure skater Konstantin Yablotskiy, claim they have showed respect for the Sochi Games by timing their event to begin afterwards.

KIERON MONKS/METRO WORLD NEWS



Around 250 athletes from 11 countries are arriving in Moscow to compete in the 'Open Games,' put together by Russia's LGBT Sports Federation to challenge the country's stance on homosexuality. CONTRIBUTED

Arizona. Group tries to stop no service for gays bill

Arizona's biggest business advocacy group called on Gov. Jan Brewer Monday to veto a bill allowing business owners with strongly held religious beliefs to refuse service to gays.

The legislation that passed last week has triggered a national backlash from supporters of gay rights, and the Arizona Chamber of Commerce and Industry is among business groups requesting a veto.

Three Republican state senators who voted for the bill are now urging Brewer to veto it.

Sen. Bob Worsley says he and Sens. Adam Driggs and Steve Pierce sent a letter to Brewer Monday asking her to strike down the legislation. Worsley says he was uncomfortable when he voted for the bill. Both he and Pierce called their votes a mistake.

The business chamber said the bill could hurt tourism and open the door to lawsuits against businesses.

THE ASSOCIATED PRESS

Pope creates new council for financial reforms

Economics secretariat. Commission of inquiry leads to first overhaul of Vatican bureaucracy in a quarter century

Pope Francis on Monday announced the creation of an economics secretariat to control all economic, administrative, personnel and procurement functions of the Holy See.

Australian Cardinal George Pell, one of Francis' core eight cardinal advisers and a sharp critic of current Vatican governance, was named prefect of the new office. He reports to a new 15-member economy council made up of eight cardinals reflecting various parts of the world and seven lay experts.

Francis was elected pope a year ago on a mandate to reform the Vatican after documents stolen by Pope Benedict XVI's butler revealed the Holy See bureaucracy to be a dysfunctional, Machiavellian world of petty turf battles, corruption and political intrigue.

Pell, the outgoing archbishop of Sydney, was remarkably candid about the 2012 leaks scandal, saying it showed a failure of governance under Benedict.

Commission findings

The new structure is the result of a commission of inquiry appointed by Francis last summer to recommend ways to improve efficiency and transparency and reduce waste. Last week, with Francis' Group of Eight cardinal advisers present, the commission reported its findings.

- The pope has yet to announce any decision on the findings of the other commission of inquiry, concerning the scandal-marred Vatican bank. That commission also presented its recommendations last week.

The new economics body covers the budgets, financial planning and administration of the Holy See — the central governing structure of the Catholic Church — and the 44-hectare Vatican City State in central Rome which includes the profit-making Vatican Museums and Vatican's post office.

An auditor will be empowered to conduct audits of any Vatican agency, at any time, the announcement said.

THE ASSOCIATED PRESS



Pope Francis meets with Haiti's President Michel Joseph Martelly during a private audience at the Vatican, Monday. CLAUDIO PERI, POOL/THE ASSOCIATED PRESS

Venezuela

Gov't blocks access to websites, protest app

The battle for Venezuela is being fought as vigorously online as in the streets, with Internet service cut off to a strife-torn university city and the government blocking selected websites and apps as anti-government demonstrations continue.

On Thursday night, the U.S. company Zello said

that Venezuela's state-run telecoms company, CANTV, had blocked access to the push-to-talk "walkie-talkie" app for smartphones and computers that has been a hugely popular organizing tool for protesters from Egypt to Ukraine.

Last week the government blocked images on Twitter after violence in Caracas claimed three lives amid protests. THE ASSOCIATED PRESS

Morocco

Hundreds storm Spanish border

Hundreds of sub-Saharan migrants armed with sticks and stones stormed the six-metre-high barbed wire border fence on Monday in a bid to enter Spain's northwest African enclave of Melilla from Morocco, with about 100 of them making it across, Spanish and Moroccan officials said.

Moroccan forces arrested 96 of the migrants, 14 of whom were hospitalized in the nearby city of Nador, according to a Moroccan Interior Ministry statement. It said 13 security force members were injured by the stone-throwing migrants.

Spain said 500 migrants were involved in the assault while Morocco put the figure at 300.

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School of ska, rocksteady, reggae brings Jamaican sounds to world

Alpha Boys' School. Facility has long been the cradle of Jamaica's music culture — and a beacon of hope for at-risk youngsters

Barefoot and dressed in donated clothes, 12-year-old Renaldo Brown methodically plays scales on a flute under the canopy of trees at a Jamaican vocational school renowned for nurturing many of this music-steeped island's top instrumentalists.

"It's challenging but I like it," said the serious boy from the gritty Jamaican city of Spanish Town, tapping the keys on the silver-coloured wind instrument as he spoke.

Renaldo is among two dozen boys from impoverished backgrounds who are discov-

ering a new world through music after being placed by family courts at Alpha Boys' School in Kingston. Some of the boys are orphans, while others are placed at the home because of neglect, abuse or because their parents can't control them.

Decade after decade, Alpha alumni have emerged from the residential facility that has been operated by Catholic nuns since the late 19th century, to bring the sounds of Jamaican ska, rocksteady and reggae to the world.

But despite its outsized role in developing Jamaica's world-famous music, the musical hothouse in Kingston is increasingly squeezed between rising costs and shrinking state support, barely scraping by on the \$60 US weekly the government provides per student. The budget crunch has become so bad administrators say they will be



The Alpha Boys' School band's bass drum proudly announces its affiliation.
DAVID MCFADDEN/THE ASSOCIATED PRESS

forced to eliminate the program's residential side.

In response, the school is building up its own revenue-generating businesses, including a recently launched Alpha Wear clothing line and an Internet radio station that draws 60,000 people monthly

by broadcasting tunes featuring alumni. School director Sister Susan Frazer said the online radio program isn't bringing in revenue yet, but is expected to eventually raise money through sponsorship and advertising.

Frazer, a member of the

Alumni

Past students who transcended rough starts in life to become top musicians include the four founding members of the influential band The Skatalites, the late free-form jazz pioneer Joe Harriott, and dancehall deejay Yellowman.

- Others have found work as formidable backup players and session musicians, in Jamaica and other countries.

pects," she said. "It won't be just instrument playing, but rather the whole business of music."

Joshua Chamberlain, a volunteer and organizer at the school, said Alpha plans to create a state-of-the-art recording studio on campus that would lure professional talent from overseas hoping to tap into the school's musical mystique.

Chamberlain said it's expected that youngsters will soon augment their instrument lessons by learning about digital media production, recording and promotion. School officials have been raising funds from private companies, institutions and donors, and are now trying to get \$23,000 US in donations through the crowdfunding website Kickstarter to launch a basic on-air radio station to complement its online one. **THE ASSOCIATED PRESS**

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Pentagon chief unveils plans to downsize army

U.S. Defense Secretary Chuck Hagel on Monday proposed shrinking the U.S. Army to its smallest size in 74 years, closing military bases and making other military-wide savings as part of a broad reshaping after more than a decade of war.

Hagel outlined his vision in a speech at the Pentagon, a week before President Barack Obama is to submit his 2015 budget plan to Congress.

Hagel said that U.S. forces must adjust to the reality of smaller budgets, even as he asserted that the United States faces a more volatile, more unpredictable world that requires a more nimble military.

Under the Hagel plan, which Congress could change, the active-duty Army would shrink from its current 522,000 soldiers to between 440,000 and 450,000. That would make it the smallest since just before the U.S. entered World War II.

Hagel said Obama's budget proposal will include a government-wide "Opportunity, Growth and Security Initiative" that would provide the Pentagon with \$26 billion



Pentagon chief Chuck Hagel is recommending shrinking the U.S. Army to its smallest size in decades in the 2015 budget. SUSAN WALSH/THE ASSOCIATED PRESS

US on top of the \$496 billion US it is due to receive in 2015 under terms of the budget deal passed by the Congress two months ago.

Among the bolder moves in Hagel's proposal is the elimination of the Air Force's fleet of A-10 aircraft as well as its venerable U-2 spy planes, as well as reductions in the size of the Army National Guard. Those moves are expected to draw some opposition in Congress.

Hagel said the administration will propose a new

round of domestic military base closings in 2017, while noting that Congress has rejected such requests in recent years.

The last time the active-duty army was below 500,000 was in 2005, when it stood at 492,000. Its post-World War II low was 480,000 in 2001, according to historical tables. In 1940 the army had 267,000 active-duty members, and it surged to 1.46 million the following year as the U.S. approached entry into World War II. **THE ASSOCIATED PRESS**



Boys' School in Kingston, Jamaica, has been a cornerstone of Jamaica's prolific musical culture for over a century, producing musicians who have taken the musical genres rocksteady and reggae to the world. Above, 11-year-old Tyrone Muirhead on the trumpet practices with the school band. DAVID MCFADDEN/THE ASSOCIATED PRESS

Alpha Boys' School

Former students keep the school's legacy going around the world

At the Alpha Boys' School, students between eight and 18 are taught self-discipline and pride while learning to read music and understand harmony and composition, if they don't focus on the school's more traditional trades like woodworking and tailoring. Alpha currently has about 85 kids, and 25 of them are in the music program.

"You'll find old students from Alpha keeping the legacy going just about everywhere. If you go to France, you'll see Alpha boys playing music professionally. You go to Germany or New York, you'll see Alpha boys," said Winston "Sparrow" Martin, an alumnus

who has provided a musical foundation to many boys as the school's longtime band instructor while forging his own international recording career.

Classical, jazz and folk music were long part of the curricula. But when the Caribbean island got wind of American rhythm and blues through distant radio signals picked up at night in the 1950s, Alpha students with trumpets, trombones and other instruments transformed that music to create upbeat-accented ska, which later evolved into rocksteady and reggae.

THE ASSOCIATED PRESS

Long history

1892

Alpha's music program dates back to 1892, when boys participated in a drum and fife corps. The outfit evolved into a famed brass band under the school's longtime matriarch, Sister Mary Ignatius Davies, an avid record collector who encouraged students' musical talents for decades before her death in 2003 at age 81.

Overcrowding prompts hunger strike at Greek prison hospital

Inmates of Greece's only prison hospital said Monday they were on hunger strike and were refusing medication to protest severely overcrowded conditions they say are leading to the spread of disease.

Korydallos prison hospital, west of Athens, is designed to hold 60 men but currently houses more than 200, according to prison staff and inmates. Most are HIV positive. Others have cancer, kidney failure and heart problems and are held in close quarters with those suffering from communicable diseases such as tuberculosis, hepatitis and

scabies.

Three inmates at the hospital told the Associated Press that 178 prisoners began refusing prison food and medication on Feb. 16, after two cases of tuberculosis were identified among inmates who had not been isolated from other patients.

They said 150-160 of the protesters began a full-blown hunger strike Sunday, while those too severely ill to participate were eating only bread. The protesters were also refusing medication, including anti-retroviral and cancer drugs.

The inmates said a Jus-

tice Ministry response under which certain ailing inmates would be released early under strict conditions was not enough and would only lead to the release of about 30 patients.

Protesters posted photos on social media showing inmates sleeping on double bunks packed tightly together and on mattresses on the floor. One ailing man lies on a bunk, a drip in his arm fixed to a mop handle due to lack of equipment. The posters said the photos were taken within the last week.

THE ASSOCIATED PRESS

Militant infighting?

Top leader in Pakistani Taliban dies in shooting

Gunmen killed a top leader of the Pakistani Taliban in a tribal region near Afghan border on Monday, intelligence officials and militant commanders said.

Asmatullah Shaheen Bitani and three aides reportedly died in a shooting in Darga Mandi area of

North Waziristan.

The officials said it was not clear whether the killing was militant infighting, or if Pakistani security forces killed him, or if Bitani was shot by someone who wanted the government bounty of 10 million rupees (\$95,000 US) on him.

Bitani was appointed interim chief of the group after a suspected U.S. drone strike killed his former chief Hakimullah Mehsud last year. THE ASSOCIATED PRESS

Anders Behring Breivik

Mass murderer's gripes dismissed

Police in Norway say they have rejected a complaint by convicted mass murderer Anders Behring Breivik about poor prison conditions. Among other things, Breivik complained about being kept in isolation and demanded better video games, a sofa and a larger gym. THE ASSOCIATED PRESS

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Coffee wars brewing from coast-to-coast

Joe drama. The once seemingly indomitable Tim Hortons is facing a big push from rivals McDonald's, Starbucks



MELISSA DUNNE

melissa.dunne@metronews.ca

On the ice, Tim Horton was known to dole out "Horton hugs," squeezing his rivals until they couldn't breathe.

Now, 50 years after Horton opened his first coffee shop, Tim Hortons Inc. execs will need to channel its founder's defensive style as it prepares to hit back in an increasingly crowded market.

Although Tim Hortons still dominates the Canadian coffee market, holding just over 75 per cent of it with about 3,500 outlets in Canada, the company recently missed analysts' profit expectations for 2013. On Tuesday, Tim's will unveil its plan to squeeze key players like McDonald's McCafé and Starbucks, which have dropped the gloves in the fight for java supremacy.

When Tim's opened its first store in Hamilton in May 1964, it had the arena to itself, said Douglas Hunter, who has written books on both Horton and Hortons.

"Tim's could expand easily, move right next to McDonald's and it didn't mat-

ter, they were selling different products."

It matters now.

McDonald's Restaurants of Canada Ltd. is aggressively going after longtime Tim's fans.

In 2007, the burger giant jolted its competitors by winning a Consumer Reports taste test. When the Golden Arches launched McCafé in Canada in 2009, it gave away its coffee for free. McD's aggressive game has reaped rewards: it has doubled its market share here to about 10 per cent in under five years.

This week customers can get a free coffee in a sleek brown-and-white cup at one of McDonald's almost 1,500 outposts in Canada. But free java will not sway Yasha Grey, a 25-year-old master's student in St. Catharines, Ont., who usually orders a single-single (one cream, one sugar), coming in a Tim's iconic red-and-yellow Roll Up the Rim to Win

cup these days.

"It may sound cheesy, but I really like that Tim Hortons is Canadian," Grey said. "I like its homey, country feel."

Cheesy or not, serving up a side of Canadiana works.

The power of patriotism is now percolating over at Starbucks Canada. The world java juggernaut first came to Canada in 1987 with a single outlet in Vancouver. It now has more than 1,000 outlets here and will open about 100 more this year. Its baristas now pour a Canada-only brew named True North into minimalist green-and-white cups. And, as we enter maple-syrup season, Starbucks is unveiling the Maple Macchiato next week.

While Timothy's Coffees of the World Inc. and The Second Cup Ltd. opened their doors in Canada 12 years before Starbucks, they have not

By the numbers

\$898M

Tim Hortons reported it had earned \$898.5 million in revenue during the fourth quarter, up 10.7 per cent from a year earlier, but a smaller profit than analysts were expecting.

been able to maintain their head start.

Timothy's grew from one store in London to about 139 in 2009. It is down to about 100 stores after its wholesale and retail businesses were spun off and sold to U.S. companies.

Second Cup started as a kiosk in a Toronto mall and now has about 350 cafés. It dropped its CEO late last year after it posted a loss of \$8.5 million. But the chain is mounting

a comeback under Alix Box, who once worked as an executive at Starbucks and officially took the reins Monday.

Unlike its smaller Canadian compatriots, Tim's has been able to stay ahead of international competitors so far.

But to some, the chain is starting to taste stale and needs to brew up a fresh pot of business fast.

"We are moving into a different era. The baby boomers Tim's has relied on are getting older," said Douglas Stephens, a leading retail analyst based in Toronto.

In a bid to attract baby boomers' kids and grandkids, all coffee sellers must hatch bold strategies.

We love coffee, with a whopping 65 per cent of us drinking it daily, according to a study by the Coffee Association of Canada, but changing demographics mean changing tastes.

Millennials demand that products be healthy and ethically sourced.

Oh, and also cheap. And many new Canadians don't even drink coffee, opting for tea instead, noted Stephens.

Like the real Horton, Tim Hortons' top brass will have to mount a strong defence if the chain is to remain the top player in the good ol' coffee game.

Hipster havens

Here are some top independent coffee shops across Canada luring hipsters away from Starbucks, Tim Hortons and McDonald's.

- **Vancouver.** JJ Bean: Established in 1996; 15 locations, as of March; its specialties are the cappuccino and vegan-friendly Very Berry Muffin.

- **Calgary.** Caffè Artigiano: Established in 2000; 12 locations in Western Canada; its specialty is the cappuccino (espresso, milk and foam).

- **Edmonton.** Leva: Established in 2003; one location; its specialties are the cappuccino and croissants.

- **Regina.** Atlantis Coffee: Established in 2000; one location; its specialties are the cappuccino and Prairie Cherry Scone.

- **Winnipeg.** Parlour Coffee: Established in 2011; one location; its specialties are wet-foam cappuccinos (flat white) and pour-over coffees.

- **Saskatoon.** Collective Coffee: Established in 2011; its specialties are artisan espresso and single-origin coffee.

- **London.** The Fire Roasted Coffee Co.: Established in 2013; two locations; its specialty is El Toro Bravo, an espresso and hot chocolate latte made with real chocolate.

- **Toronto.** Sam James Coffee Bar: Established in 2009; three locations; its specialty is the cappuccino.

- **Ottawa.** Bridgehead: Established in 2000; 15 locations; its specialties are the cappuccino and Morning Bun.

- **Halifax.** Two If By Sea Café: Established in 2009; two locations; its specialties are chocolate croissants and drip coffee.

At-home

The coffee pot has gone to pod

Pots are out, pods are in.

"In the at-home category, single-serve machines have been a category disruptive phenomenon," said Sandy

McAlpine, head of the Coffee Association of Canada.

Keurig, Tassimo and Nespresso currently dominate the market, said McAlpine.

The focus of Tim Hortons, McDonald's and Starbucks is take-out brew, but the at-home market can't be ignored.

Just over half of Canadians make their cuppa at home daily, while only 24 per cent buy takeout every day, noted McAlpine.

In response, Tim's announced last week it will expand its Keurig K-discs and

Tassimo T-discs to grocery-store shelves later this year. McD's, under its McCafé brand, has teamed up with Kraft and will test selling pods in U.S. grocery stores soon. Starbucks opted to launch its own machine and pods, called Verismo, in its Canadian stores in late 2012.

Pods have certainly perked up the home market, and the takeout coffee champs have all set their sights on adding some at-home fans to their base.



Market Minute



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Only in America. McMuffin vs. Waffle Taco in breakfast smackdown

Egg McMuffin, meet the Waffle Taco.

Taco Bell is readying for the launch of its national breakfast menu in the U.S. on March 27, with items such as the A.M. Crunchwrap designed to appeal to its fan base of younger men. And the chain says breakfast will be available until 11 a.m. — a half hour longer than McDonald's offers its Egg McMuffins.

"We can turn the breakfast conversation into a two horse race," Taco Bell president Brian Niccol said in an inter-

view, noting that Taco Bell intends to be a "strong number two" after McDonald's in America.

McDonald's has long been the fast-food leader in the mornings in the U.S., with its popular Sausage Biscuits, Hotcakes and other items pulling in roughly 20 per cent of the company's U.S. sales. But the chain has been facing stiffer competition in recent years, with competitors such as Starbucks and Subway rolling out breakfast sandwiches as well.

THE ASSOCIATED PRESS



Latest offerings

Sony 'stands on shoulders' of older products

Sony is borrowing innovations from its audio and camcorder businesses and incorporating its new Xperia Z2 smartphone with noise-cancelling technology and ultra-high-definition video recording.

Noise cancellation works with an in-ear headset sold separately for 60 euros (\$82 US). THE ASSOCIATED PRESS

Voice service coming

Hey, what's up? Talk with pals via WhatsApp soon

WhatsApp, the popular messaging service for smartphones acquired by Facebook, will soon be offering a voice service.

CEO Jan Koum said the voice service will be deployed for Android and iPhones this spring, with BlackBerry and Microsoft and Nokia phones coming later. THE ASSOCIATED PRESS

White elephants or lasting investments?

As the sun sets on the Sochi 2014 Winter Games in Russia, the future is uncertain. For the host cities, the real challenge begins with the end of the Olympics. How do they continue to use the expensive stadiums after the party's over? What happens to the athletes' villages? What is the legacy of the games? Here's a look at what some past summer and winter games sites around the world look like post-Olympics.

THE ASSOCIATED PRESS



AMEL EMRIC/THE ASSOCIATED PRESS

Sarajevo, Bosnia: Gone downhill

War-time destruction and negligence have turned most of Sarajevo's 1984 Winter Olympic venues into painful reminders of the city's golden times.

Atlanta: Home of the Braves

After the 1996 games, the Olympics stadium in Atlanta was converted into Turner Field, the baseball stadium that's been home to the Atlanta Braves for the past several years.



RIC FELD/THE ASSOCIATED PRESS

Vancouver: On track, so far

All games venues from the 2010 Olympics in Vancouver remain in use, with local authorities funding a \$110 million trust to make sure that they don't fall into disrepair.



CHRIS CARLSON/THE ASSOCIATED PRESS FILE

Nagano, Japan: David and Goliaths

In Nagano, Japan, a city with a population of just 387,000, five large structures were built for the 1998 Winter Games. They are in use, but many say the venues are too big and costly to maintain for the size of the town.



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Contribution deadline looms

Last-minute tips. You have until March 3 to deposit money into retirement savings fund

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For Metro

The deadline for making your RRSP contribution is approaching, but there is still time to contribute.

Check the bottom of your 2012 notice of assessment to see how much contribution room you have accumulated (any unused room is carried forward and the total unused balanced will be shown there). Canadians can contribute up to 18 per cent of earned income to the maximum room, which is \$23,820 for 2013.

Here are some last-minute contribution tips.

- Mark March 3 on your calendar — that's the cut-off date for 2013 contributions. Most financial institutions are open later and on weekends to accommodate the last-minute rush. Or contribute via Internet banking.
- Don't over-think it. If you need help deciding where to put your RRSP contribu-



March 3 is the deadline to contribute to your RRSP for the 2013 financial year. VLADIMIR GJORGIEV/SHUTTERSTOCK

tion, just put it into a high-interest savings account or a low-risk money market mutual fund, says Christopher Dewdney, a Toronto financial adviser and member of Advocis, The Financial Advisors Association of Canada. "It doesn't matter where it's goes just as long as it's registered. You'll receive a tax deduction and can create a properly allocated and

well diversified portfolio at a later date."

- Use money from your tax-free savings account (TFSA). "If you need a tax deduction and you don't have access to cash but you do have money in a TFSA, move the money from your TFSA into your RRSP." With the TFSA, you can use that room again beginning January of the following year.

- Take out an RRSP catch-up loan. All financial institutions offer these loans, which allow you to borrow money for your RRSP. Keep in mind that if the loan is over too long a period, you could offset the gains (tax deduction) you get with the RRSP, Dewdney said.
- If your income was lower than previous years and you might not need the RRSP deduction, it's still a good idea

to contribute, Dewdney said. "You can always defer the contribution to a future year if that will be more beneficial."

- For next year. Set up a systematic contribution plan now and you will be off to a good start for next year. "Even if you want to make a larger contribution come tax time, you'll already have a base," Dewdney said.

Impact. Divorce can split assets



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Going through a divorce is difficult at any age, but grey divorces involving couples 50 years or older can have a major impact on their retirement plans and assets like an RRSP.

A recent study by Winnipeg-based Investors Group found that about 80 per cent of grey divorcees say they will probably delay their retirement because they need to work longer than planned and 62 per cent said their post-divorce savings and investments will no longer be adequate to fund their retirement.

"In a divorce you might feel emotionally liberated but financially you could be a lot worse off," said Chris Buttigieg, senior manager, wealth planning strategy with BMO Financial Group. "Divorce

poses some really challenges for people when retirement is around the corner."

In case of separation or divorce, either you or your spouse can transfer existing RRSPs to the other without being subject to tax provided you are living apart when property and assets are settled and provided you have a written separation agreement or a court order.

A couple's RRSPs often are split between partners during a divorce, but a lot of what happens will depend on the terms of the settlement.

Attribution rules (tax rules to prevent excess income splitting) regarding spousal RRSP and RRIF (registered retirement income fund) withdrawals will not apply to any withdrawals made after you and your spouse have begun to live separately and apart. Your soon-to-be-ex can continue to



A couple's RRSPs often are split during a divorce. AUREMAR/SHUTTERSTOCK

make spousal RRSP contributions to your spousal RRSP until the date you cease to be spouses, or the date of divorce.

"Women tend to have more attachment to the home but liquid assets tend to go the other spouse," Buttigieg said. "In cases like these there's a danger of becoming house rich and

cash poor and finding yourself in the situation of wondering how you're going to carry the house and expenses."

One of the big problems with divorce is that it is often a bitter experience, which can affect your judgment.

The Investors Group study found that people who charac-

terized their divorce as bitter experienced greater financial difficulties than those whose divorce was more cordial, such as managing living expenses after the divorce or separation, stress from the division of assets, the cost of divorce proceedings and no longer having enough retirement savings.

"Divorce is an emotional process that can cloud your ability to make sound financial decisions that will ultimately affect your future," said Christine Van Cauwenberghe, assistant vice-president of tax and estate planning with Investors Group. "With limited earning power and less time to recoup financial losses, grey divorcees need to revisit their financial plans."

A good financial planner will help you assess your financial situation, clarify your goals as a new single person and advise you on what you can do to meet those goals.

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

A secret to saving more money

Do you want to know a secret? There is another tax-free way to save for retirement that the taxman doesn't really want you to know. It's called universal life insurance, a special financial security portfolio that gives you life and health insurance coverage and a tax-deferred saving component.

Insurance experts from Desjardins Insurance spoke more about universal life insurance.

What makes this product special?

It's attractive because it allows you to reduce your tax burden by moving some of your taxable money and sheltering it within the universal life policy. Your money grows more efficiently allowing you to achieve an earlier retirement. This is especially effective if you tend to maximize your annual RRSP contribution. It's like moving your coins from a pocket with a hole in it to one with no hole. Universal life is very flexible and totally conforms to your needs because you can add or remove features and increase or decrease premiums at any time.

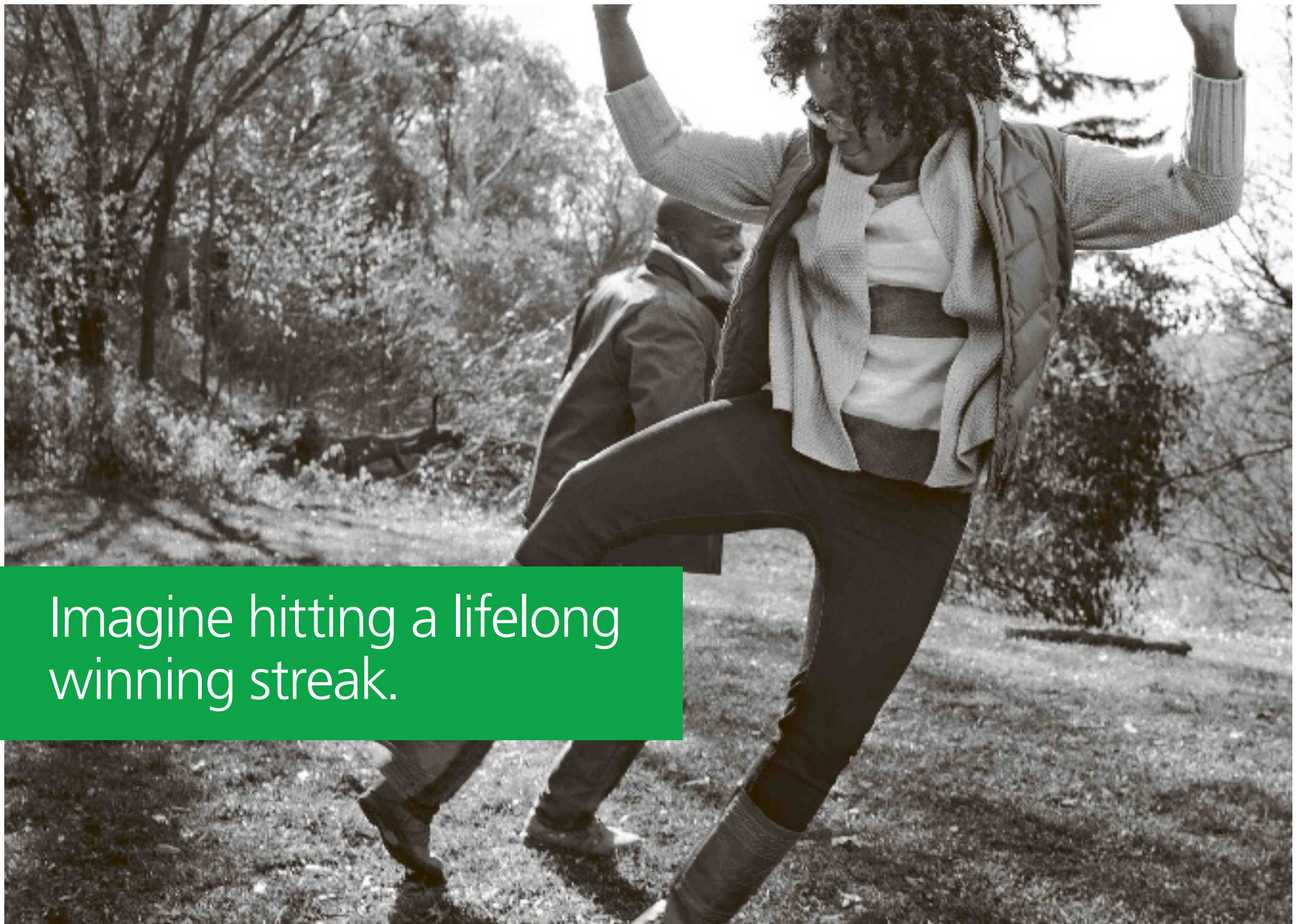
So how does it work?

The individual designs the portfolio based on their current personal and/or family priorities. They may choose from a variety of insurances including term, whole life and/or critical illness. The monthly minimum deposit covers the cost of the insurance and anything above this will accumulate in a tax advantaged savings account.

How can I invest my money under the savings component?

There are a lot of investment options available. For example, you can choose between guaranteed deposits or index funds. These funds can be accessed anytime, barring any restrictions attached to the investment type, making this an ideal emergency or retirement fund.

NEWS CANADA



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DON'T BE AFRAID TO FALL

My generation grew up in an age of motivational posters and boom-time optimism. My parents, for better or worse, always tried to nurture my specialness and asserted that I could achieve absolutely anything I set my mind to. But for the large majority of us that simply isn't true and these high expectations can lead to a great deal of disappointment.

And it's not just overly entitled millennials who are faced with the challenges of overcoming rejection. Every day romances end, job applications are tossed in the recycling bin and hopeful young athletes are cut from the team.

Some forms of rejection are subtle and relatively inconsequential; you'll never really know if someone swipes to the left on your Tinder profile or one of your countless Twitter connections decides to unfollow you. But it's hard not to feel crushed when you're passed over for a promotion or a landlord picks someone else for that perfect apartment.



SHE SAYS
Jessica Napier
metronews.ca

In fact, the sting of being snubbed actually hurts in much the same way as physical distress. In a 2011 study at the University of Michigan, researchers used a functional MRI machine to measure our brain's reaction to social rejection compared to simulated bodily pain. The researchers found that asking participants to recall their feelings about a bad breakup activated the same region of the brain that processes physical discomfort.

If hurt feelings can actually translate into the ache of a broken bone then logic would suggest that popping a couple of pain killers might help relieve the anguish of being rebuffed (at least temporarily). However, rather than doubling down on painkillers, we're probably better off reconditioning ourselves to process our emotions in a more positive and constructive way.

It's easy to dwell on moments of rejection and allow those feelings of inadequacy to chip away at your self-esteem. But at

tacking yourself when you're already down is like rubbing lemon juice into a paper cut. Concentrating on why you're not good enough for your dream job or blaming yourself for a failed relationship makes it difficult to stabilize your emotions and get past the pain. If we instead focus on reconstructing these negative experiences as opportunities for personal growth, we're more likely to recover faster and move forward.

It's important to remember that some of the most successful people in the world fail the greatest amount, not because they're hopeless but because they allow themselves to be vulnerable and go after possibilities even though they've failed in the past.

If you try to avoid rejection at all costs in order to protect your fragile ego, you'll avoid getting hurt by potentially bad experiences but you'll also miss out on plenty of positive ones too. Getting out of your comfort zone and risking failure is a success in itself because even if you're doing something wrong, at least you're doing something.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

They've entered the matrix



Geometric cube is artsy jungle gym

These climbers are learning the ropes of how to scale a 3D grid. Designed by Croatian-Austrian collective Numen/For Use, String Prototype is an inflatable jungle gym-meets-interactive art site that contains a network of interlocking cables, allowing intrepid visitors to explore inside a large-scale white cube. **METRO**



The cube stands at eight metres high and six metres wide.
COURTESY NUMEN/FOR USE

Ropes tight enough to hold people

When the cube deflates, the ropes become loose, allowing the installation to decompress. When inflated, the ropes tighten themselves into a grid strong enough to support the weight of children and adults alike. **METRO**

COURTESY NUMEN/FOR USE

Clickbait



LUKE SIMCOE
Metro Online

With the advent of Siri for iPhone and Google Now for Android, we were empowered to talk to our mobile phones. Almost immediately, they began to talk back. Both Apple and Google have loaded their voice search programs with fun, often hilarious Easter eggs. To check some of them out, ask your phone a few of these questions.

Android:

"Make me a sandwich."
"Beam me up, Scotty."
"Who are you?"
"When am I?"
"What does the fox say?"

iPhone:

"Will you marry me?"
"Mirror mirror on the wall who's the fairest of them all?"
"Siri, can you open the pod bay doors?"



ISTOCKIMAGES

Twitter

@metropicks asked: A court orders TekSavvy to name downloaders. What would you do if you were asked to pay piracy damages?

@thebellguy: Request refunds for all the terrible movies I've paid for first

@Canucklehead_ca: Ye lice-infested swine! I only be downloading a single movie: "Booty and the Beast". To ERR is human ... to ARR is pirate!

@UnfunnyTweeter: I'd tell them they could have it all and then draw them a hidden treasure map. Yaarrrr.

Follow @metropicks and take part in our daily poll.

Comments

RE: Students Embrace Our Golden Moment, Watch Canadian Women Beat U.S. In Olympic Hockey, published Feb. 20

No wonder students are ill prepared for the real world in this day. Instead of watching TV at school they should be learning math.

Bucket of Chicken posted to metronews.ca

This is part of our culture, students should be able to celebrate Canada's achievements. I'm proud that I can say I was able to see first hand this part of history. Sincerely, Caledonia Student P.S. I had math in the morning.
Bucket_of_Awesome posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

DVD review



Gravity

Director. Alfonso Cuarón

Stars. Sandra Bullock,
George Clooney

Not since 2001: A Space Odyssey has a film so vividly and realistically transmitted the feeling of being lost in space. Alfonso Cuarón's 3D film captures the deepest blues of Earth and the midnight hues of space, powerfully affecting the senses. High above the blue planet, slowly revealed in widescreen splendor by Emmanuel Lubezki's intoxicating camerawork, two spacewalking shuttle astronauts defy a vacuum and also expectations — and then calamity strikes. A leading contender for best picture at the March 2 Academy Awards, the film also works on a purely emotional level. Sandra Bullock and George Clooney convincingly depict the plight of space travellers facing dwindling oxygen and rescue prospects. Gravity isn't sci-fi. It's a sky high. **PETER HOWELL**

Hollywood



Harold Ramis GETTY IMAGES FILE

Ghostbusters star
Harold Ramis dies

Comedy actor, director and writer Harold Ramis, best known for his roles in movies such as Ghostbusters and Stripes, has died at his suburban Chicago home after a four-year battle with an autoimmune disease, his talent agency said. Ramis, 69, died early Monday morning of complications from vasculitis. Ramis was a key factor in some of the biggest blockbuster comedies in the 1970s and 1980s.

THE ASSOCIATED PRESS

Dust off your bikes and fight for your vegan rights

Portlandia is back.

The quirky sketch comedy kicks off its fourth season with a Steve Buscemi bit on the plight of celery

PAT
HEALY

Metro World News in Boston

Over the past three seasons of Portlandia, Fred Armisen, Carrie Brownstein and director Jonathan Krisel have perfected a revolutionary recipe that marries music and comedy with utter absurdity. The fourth season, which premieres next week, furthers their cause, especially with a sketch called The Celery Incident, which has already gone live online.

In the sketch, Steve Buscemi plays a sales representative for celery, desperately trying to compete against other vegetable salesmen who have had recent fantastical, unlikely success with veggies like kale and Brussels sprouts.

"I think Celery embodies — even though it's more genre-specific than some of our other sketches — I think it really embodies the traits of the show that I think are the most successful," says Brownstein, "which is taking a relatable, sometimes timely premise and veering into the absurd, and then hopefully veering even more into surreality, and then somewhere at the heart of this, having some relatable characters that are suffering through genuine and authentic relationship issues."

Just because they use familiar ingredients for their recipe



Fred Armisen and Carrie Brownstein are set to bring you another season of Portlandia. AUGUSTA QUIRK/IFC

doesn't mean the show is formulaic. Yes, you will see a lot of the characters you've seen in the previous three seasons, but in preposterous situations: Candace and Toni, the owners of Women and Women First bookstore, host a car wash fundraiser; Lance and Nina — Brownstein and Armisen's gender-swapping couple — find themselves in conflict with Jeff Goldblum's mattress salesman over a certain claim he has made that casts everything Lance stands for into doubt.

"We'll have pictures of the characters on a bulletin board and we'll have an idea for something," says Armisen, "and then we kind of shift the idea to each character, like, 'I wonder if they would be good for this?' And then eventually it will just resonate right away, and you'll know it's perfect for a set of

Watch it

- Portlandia season 4 airs on Superchannel starting March 3; see superchannel.ca for air times. Seasons 1 and 2 are available on Netflix.

characters."

With such a winning formula, it's understandable that the Portlandia peeps would be protective of what they've created.

"We have worked for four seasons to make this world that feels a little bit specific and strange and hyper-real," says Brownstein. "So we try to keep that world magic and special, but of course in the meantime we have had people from SNL and friends on. There's definitely an open-door policy, as long as it feels germane and doesn't

feel conspicuous to have things cross over."

We'd be remiss not asking Armisen if he thought there would be any crossover with his new role as bandleader for Late Night with Seth Meyers, but when it comes to inheriting Questlove's seat, he suddenly turns even more protective.

"I don't want to talk about it," he says, shifting the tone of the conversation into uncomfortable territory. "That's something for my friend Seth and it's fun and I don't want to talk about it because this is about Portlandia and Carrie is on the other line."

He will allow, however, that he's going to be able to take time off to work on Portlandia. "It will be perfect," he says, with a little less attitude. "My focus is Portlandia. That's what I do."

CNN axes Morgan on poor ratings

CNN's prime-time talk show Piers Morgan Live is coming to an end, the news channel says.

Morgan, who succeeded Larry King three years ago, was drawing lacklustre ratings. In contrast, King had a 25-year run on CNN.

The airdate for Morgan's last show has yet to be determined, CNN said in a statement.

Morgan is a former U.K. tabloid editor who reinvented himself as a TV personality with stints as a judge on Britain's Got Talent and its U.S. spinoff, NBC's America's Got

Talent, and as a contestant on Celebrity Apprentice.

He hosted BBC's You Can't Fire Me, I'm Famous, and did interview shows and documentaries for ITV.

Morgan told The New York Times that his show lately has "taken a bath in the ratings" but that he and CNN President Jeff Zucker were discussing a new role for him at the channel. CNN's audience has tired of hearing a Brit weigh in on American cultural issues, Morgan said in a story posted online Sunday.

Morgan's future with CNN is undetermined, the channel said.

Last fall, the already struggling Piers Morgan Live faced increased competition from a revised Fox News Channel lineup that included a strong new performer at 9 p.m. EST with Megyn Kelly's The Kelly File.

Morgan served as editor of The Daily Mirror from 1995 to 2004. He has been questioned in connection with Britain's long-running phone hacking scandal.

THE ASSOCIATED PRESS



Piers Morgan THE ASSOCIATED PRESS FILE

2 SCENE

From granny's kitchen to glitz and glory

Amateur hour.

Wannabe chefs set to shine on CBC series Recipe to Riches

The competition on Recipe to Riches might not be as cut-throat as it is on shows featuring professional chefs, but the home cooks who aspire to have their recipe marketed in a national grocery chain most definitely have their eye on the grand prize of \$250,000.

Their amateur status is what sets Recipe to Riches apart from Top Chef, said Gail Simmons, who's been a judge on the Emmy award-winning show since its inception in 2006.

"The people who are cooking on Recipe to Riches are ... not professionals in any way. They're home cooks and these recipes are usually their family recipes or recipes they've kind of devised for friends over the years as opposed to the chefs on Top Chef who are all professionals who are cooking at a really professional level who work in restaurants every day,"

Quoted

"The people who are cooking on Recipe to Riches are ... not professionals in any way. They're home cooks and these recipes are usually their family recipes." Top Chef judge Gail Simmons, who will be a judge on Recipe to Riches

said Simmons, who returned to her native Toronto from New York to be a judge on the series.

"And so you would think while the food from the chefs is always going to be better, I have to say I was blown away by the quality of the cooking by the Canadian home cooks whose recipes we got to taste on the show. It's different when you make it in your home kitchen using a specific recipe you've developed over the years, sometimes over generations. It was a pleasure to meet and kind of get to know these enthusiastic home cooks (who were) from Vancouver to Halifax," she said by phone from New York. Simmons has just added mother to her lengthy resumé after giving birth to baby girl Dahlia Rae about two months ago.

"Certainly they had competitive spirit, were proud of

what they did and had amazing stories about the dishes they brought, even carrying them on the plane (to Toronto)," she said.

Simmons shares judging duties with marketing guru Arlene Dickinson of Dragons' Den and restaurateur and cookbook author Vikram Vij. Former Little Mosque on the Prairie star Carlo Rota, who has also appeared on 24 and Nikita, hosts the show, which begins airing on CBC-TV Wednesday at 9 p.m.

In the first five episodes three contestants compete in each category, which includes desserts, entrees, savoury pies, appetizers and savoury snacks. The winner nets \$25,000 and the recipe becomes available across the country as a President's Choice product. After all five category episodes



Recipe to Riches host Carlo Rota MARK O'NEILL/CBC

have aired, viewers can vote online for their favourite competitor. The five winners go on

to compete for \$250,000 in the live series finale on April 2.

In Wednesday's desserts epi-

sode, Calgary bobsledder Brad Reinsch goes head to head with aspiring actor Jesse Meredith of Coquitlam, B.C., and 19-year-old Erica Pauze of Penetanguishene, Ont., who hopes winning will help her achieve her dream of owning a bakery.

The contestants must not only tempt judges' palates with their home recipe, but also create and market a product to sell at a major retailer.

Part of the judging process included ensuring the product would be acceptable across the country to a wide range of people, said Simmons, who moved to New York to attend the Institute of Culinary Education in 1999 and is also a food writer. Simmons said chef Vij has developed a line of packaged curries so he could speak to the process the contestants were going through.

Dickinson, meanwhile, "has an incredible business mind and marketing mind and she loves to eat and she loves good food and she's not shy to speak her mind and I just learned so much from her about the business of food," Simmons said.

THE CANADIAN PRESS



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Sam Worthington ALL PHOTOS GETTY IMAGES

Avatar star Worthington punched photographer who 'kicked' his girlfriend

Avatar star Sam Worthington was arrested in New York over the weekend for allegedly punching a photographer during an altercation outside a Greenwich Village bar, according to Radar Online. Law enforcement sources say the Australian actor was coming to the aid of girlfriend Lara Bingle. "The photographer

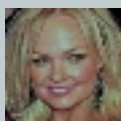
kicked Lara and then Worthington punched him, causing the photographer to have lacerations to his nose," an NYPD spokesperson says. "He has been charged with assault. He punched the photographer." That photographer, by the way, was also arrested on charges of assault, reckless endangerment and harassment.

Twitter



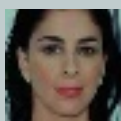
@ElizabethHurley

Uh oh, I just found myself breaking into a Carpenters song. Dogs and birdies horrified.



@EmmaBunton

That's it, I'm going to the gym. Wish me luck, it's been a while!!!



@SarahKSilverman

In a zombie apocalypse the trees win

Charlie's chuffed with new fiancée Brett ... just don't call her a porn star!



Charlie Sheen

Charlie Sheen is excited about starting a life with his new fiancée, Brett Rossi, but he'd be a lot happier if the press would stop calling her a porn star. "It's absolutely making Charlie crazy that the media keeps referring to Brett as a porn star, because she no longer is doing that. She recently graduated from nursing school," a source tells Radar Online. "Furthermore, her stage name is Brett Rossi, her legal name is Scottine Ross. He wants people to refer to her as Scotti, which is the name she goes by in her personal life. Charlie has told his publicist to tell media outlets to stop calling her a porn star."

Kudrow and ex manager not Friends as court case looms

Lisa Kudrow is fighting back against claims by former manager Scott Howard that she owes him a share of her earnings from Friends reruns, according to the Hollywood Reporter. Howard, who is suing Kudrow for \$1.7 million US, claims that he and Kudrow had an oral agreement that he would continue to receive a five per cent commission on her Friends earnings even after he was fired in 2007. "I always believed that a personal handshake kind of cemented that personal relationship and that anything more formal felt awkward," Howard testified in court last week. For her part, Kudrow insists she only agreed to pay Howard for the first round of residuals and nothing else.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Baldwin states his case and writes off the fame game

MELINDA TAUB

Metro World News

Here is a partial list of things and people Alec Baldwin slammed in New York Magazine on Monday: the paparazzi, homophobes, people who think Alec Baldwin is a homophobe, CSI, a man in Hawaii who answers the phone rudely, Shia LaBeouf, Rachel Maddow, Broadway, New York, America, the world, 2013.

Baldwin has penned a lengthy piece that is purportedly his resignation from public life, but the bulk of it is essentially a rebuttal to



everything you've read or heard about him in the past year. Everything, from his failed attempt to costar with Shia LaBeouf on Broadway to his cancelled MSNBC show to allegations that he'd used a gay slur, is addressed and found to be the fault of a vicious paparazzi culture whose main purpose is to make Alec Baldwin look bad.

Baldwin keeps returning to one episode: An incident in 2013 when a photographer

tried to take a picture of Baldwin and his baby daughter, and the actor chased him down the street cussing him out. According to TMZ, Baldwin called him a "faggot." Baldwin insists that's not true, but he blames the fact that he's been falsely labelled a homophobe for everything from the cancellation of his MSNBC show (well, he also blames Rachel Maddow for that) to the fact that he probably can't run for mayor of New York now. I would have slightly more sympathy for Baldwin's plight if he hadn't used the word "tranny" in the article. Still, the piece is amusing for exactly the thing Baldwin claims to deplore: celebrity gossip. Shia LaBeouf screamed at him for not knowing his lines! Rachel Maddow viewed him as "equivalent to Mel Gibson!" Juicy, Alec. Tell us more.

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What does your achoo say about you?



Is it a cold? Is it allergies? It all depends on how long you've been suffering. ISTOCK

Winter blahs. Spring isn't quite here yet and neither is allergy season but that cold might not be a cold after all

MAJA LUNDAGER PEDERSEN
Metro News in New York City

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing. It's just a cold, right? Actually, you might have an al-

lergy. No, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold. It's probably either a sinus infection or an allergy," says Dr. Joan Lehach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center in New York.

Lehach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can

get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be an environmental issue, rather than a bacterial one. Typically, you are not going to get a fever with an allergy. Your mucus can be clearer in colour — with colds, sometimes it turns green or yellow. You don't get body aches with an allergy, typically, whereas with a cold you might.

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits?

"Indoor things like dust mites and mold," Lehach says.

Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system is stressed.

By paying attention to your nasal health, Lehach says you can reduce your risk of catching a wintertime bug. Follow her advice: "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face.

"Also, if the air is too dry, it sets you up for a dry mucosa with cracks in your nose, so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well.

"Try to keep the humidity in your house around 50 per cent. For five or six bucks you can get this little gadget that will tell you the humidity in your house, and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator and that moistens the air."

For your phone

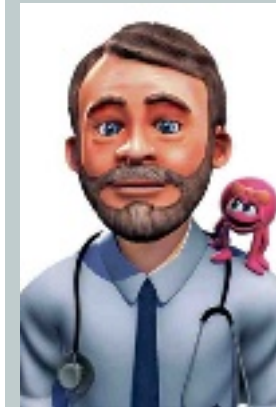
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Survive (and thrive) the rest of winter

Although it's finally light outside past 5 p.m., winter's short days can still make us feel lethargic and a little depressed. The long hours spent indoors hibernating on the couch can also have a major impact on our overall wellbeing.

To avoid the effects of old man winter, fight your hibernating instincts by embracing the season, while taking the necessary precautions to be healthy.

To help you get there, the Canadian Health Food Association (CHFA) has these five tips for natural winter wellness.

Opt for healthy comfort food

In winter, we crave simple carbs because they are rich in tryptophan, creating our feel-good hormones such as serotonin and dopamine to temporarily increase. These foods, which are typically refined and have little nutritional value, cause a quick increase in our blood sugar followed by a quick decrease

causing us to crave more. To avoid this vicious cycle while satisfying your cravings, opt for more complex carbs including oatmeal, legumes, soups and stews.

Dose up on vitamins and minerals

Iron, zinc and vitamin C are key to a healthy immune system that will ward off the cold and flu viruses. Foods rich in these nutrients include dark, leafy greens, red and yellow fruits and vegetables, lean red meats and pumpkin seeds. Taking a daily multivitamin is a great insurance policy to ensure you are getting your required daily intake of essential minerals and vitamins.

Go for garlic

The sulfur-containing compounds in garlic help increase the potency of two important cells of the immune system, T-lymphocytes and macrophages. These are essential to help battle the flu and colds. Opt for odour-

less capsules if you want to avoid the strong taste of garlic.

Use coconut oil

Winter-proof your skin with coconut oil by using it as a moisturizer. Simply rub a small amount of coconut oil wherever you have dry, flaky or itchy skin. It also works great as a natural lip balm, hair conditioner or make-up remover. Your skin will absorb the oil quickly, plus it smells wonderful!

Shake it up and sleep it off

When it comes to exercise, don't let winter be an excuse. Develop a well-rounded fitness routine that includes cardio and strength training. Also, give yourself plenty of rest time. Restful slumber helps fight depression and eliminates extra amounts of the stress hormone cortisol. Adequate amounts of exercise and sleep should be non-negotiable in maintaining a healthy lifestyle this winter.

NEWS CANADA/ CANADIAN HEALTH FOOD ASSOCIATION



Winter can take its toll on everything from your mood to your skin. Fight back. ISTOCK

Beauty goes high-tech



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

From fitness wristbands to Google Glass, it's clear we are living in generation gadget. So, it's fitting that in the beauty aisles, there are now at-home devices for virtually every skin concern.

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, we've included an article by writer Wing Sze Tang about the latest skin care gizmos.

Some are technologically similar to what's available at the dermatologist's office or the spa, but do the DIY versions work? Likely not as well as doctor's office equipment. But they can be a good complement, or at the very least, worth a try. They are approved by Health Canada as safe. Here are a few:

The Anti-Ager

Tria Beauty Age Defying Laser (\$495 at Sephora). This is a handheld non-ablative fractional laser, meaning that it doesn't vaporize a whole layer of tissue. The device uses targeted beams of light to stimulate the natural cell renewal cycle in order to

generate collagen. This kick-starts the skin's self-repair process, resulting in fresh, new cells, with diminished fine lines and wrinkles, and less-noticeable age spots. The device mimics office-based non-ablative fractional technology, and can improve overall skin appearance and diminish pigmentation.

The Acne Buster

Tanda Zap Power (\$79 at Hudson's Bay). Designed as a targeted spot treatment, this gadget features antibacterial blue LED light and pore-opening sonic vibration and gentle warming to help tame breakouts. It can be used by teens and adults with any skin type or tone. Blue light therapy reduces mild inflammatory acne. The company claims it can zap 85 per cent of acne-causing bacteria after six minutes, helping to reduce a breakout within 24 hours.

The Pore Detoxer

Clarisonic Deep Pore Decongesting Solution (\$200). By oscillating at high frequency, this cleansing tool loosens the sticky debris plugging your pores. The inner rings on the brush head oscillate in counter-rotation to flex and relax skin surrounding pores and purge congested



Bring the spa home with some high-tech beauty gadgets. ISTOCK

skin, shaking the dead cells off the skin. After using it for two weeks, you should notice smaller-looking pores and smoother skin texture. Its exfoliating effect is mild, so keep other exfoliating products as part of your routine.

For more examples of skin-care devices you can use at home, pick up the March/April issue of Best Health. **BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**



You love your cat... but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.



CATALYST
The cat allergy study

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages

of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

To learn more, please contact:

613-725-2102 ext 224

www.yangmedicine.com

www.thecatallergystudy.com

STAY WELL

It's time for a fresh start! A new year is the time to commit to taking care of yourself so you can take care of the ones you love. It only takes a few minutes each day, and a few simple strategies, to keep you feeling your very best.



USE YOUR BODY

You don't need a gym – or even any free time! – to get in the best shape of your life. Here are three no-equipment-needed moves you can do anywhere. Try them the next time you're waiting for your kids to finish hockey practice or dance lessons. And no matter where – or when – you work out, make sure Tampax Pearl Active is there with you. It keeps you protected so you can keep your mind on your workout, not your period.

- 1 WALL SIT** Pressing your back against the wall, squat down into a sitting position. Hold for as long as you can. You'll build strong glutes, thighs and calves as you increase your time.
- 2 ARM CIRCLES** Hold your arms out straight at either side at shoulder level. Alternate rotating your arms in small and large circles, backwards and forwards. You'll build shapely, lean arms and shoulders.
- 3 SIDE BENDS** Stand with your feet shoulder-width apart, your arms over your head and your hands clasped. Bend sideways from the waist, lengthening your arms as you bend. You'll develop your obliques for a strong core.

HEALTHY MOM HAPPY FAMILY



MAKE TOOTH CARE A FAMILY AFFAIR

You make sure your kids floss, brush and rinse regularly, but are you following your own advice? An easy way to get everyone in the habit is to make flossing, brushing and rinsing with Crest Pro-Health products a daily game. You'll be modelling good oral hygiene for your kids, and your smile will be in tip-top shape.

FOR THE KIDS Play a favourite song that's between two and three minutes long and dance along while you brush. Or try Oral-B Deep Sweep 5000 Brush with its cute happy-face timer that ticks down the minutes till you're done.

FOR YOU Protect against plaque and gingivitis, plus fight pesky bad breath, by keeping a small bottle of

Crest Pro-Health Multi-Protection Rinse in your purse for after lunch. Add Crest Pro-Health toothpaste and an Oral-B toothbrush, and soon you'll have a great daily habit.



To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity. Crest® Pro-Health Multi-Protection Rinse fights gingivitis. Crest Pro-Health toothpaste is for adults and children 12 years and older. Crest Pro-Health Stages toothpaste fights cavities. Oral-B power toothbrushes are for ages 3+.



JUICE UP!

Juice is a terrific source of antioxidants and vitamins, but it usually lacks pulp, so it's low in fibre.¹ Want to give your morning juice or smoothie a tasty fibre boost? Add a dose of Metamucil. It dissolves best in cool liquids

and tastes so good you'd never suspect it promotes digestive health² and helps lower cholesterol levels³ to promote heart health. Orange and Pink Lemonade flavours brighten up tangy grapefruit juice, and Berry Blast flavour gives an extra zing to blueberry-pomegranate juice.

To ensure this product is right for you, always read and follow the label.
1-Source: <http://www.mayoclinic.com/health/juicing/AN02107>. 2-By relieving irregularity.
3-Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet.

GET LOST, COLDS AND FLUS!

You're worried that your kids are packing a little something extra in their backpacks. But you could be the one bringing germs home without knowing it.

Studies have shown that public bathrooms and restaurants aren't the germiest places. Surprisingly,

it's humble grocery carts that take the top prize. Upwards of 72% of cart handles have bacteria and those nasty bugs.

Always wash your hands well after touching a grocery-cart handle. Scrub as long as a rendition of "Happy Birthday." Alcohol-based

hand sanitizer can help reduce the bacteria on your hands when hand washing is not an option. If you do end up with a cold, DayQuil and NyQuil can help you get back on your feet and feel better fast.



To ensure this product is right for you, always read and follow the label. Vicks DayQuil Cold & Flu relieves fever, headache, cough and nasal congestion. Vicks NyQuil Cold & Flu relieves fever, headache, cough and runny nose.

GO ONLINE FOR MORE HELPFUL TIPS

To get your year off to a fresh start, go online for more tips designed for busy moms. Go to www.staywellmom.ca.

3 BENEFITS. 1 MULTIHEALTH FIBRE.



- ✓ **Helps lower cholesterol levels* to promote heart health**
- ✓ **Promotes digestive health****
- ✓ **Boosts daily fibre intake**

*Lowers mildly to moderately elevated cholesterol levels when taken with a low-fat diet
 **By relieving irregularity

To ensure this product is right for you, always read and follow the label.

† Source Healthcare Analytics, 2012. © 2014 P&G



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PSYLLIUM FIBRE IN METAMUCIL
DELIVERS THESE BENEFITS**

When you scan this bar code, the terms, conditions and privacy policy of the bar code reader that you select will apply.

Save \$2.00 (two dollars) **when you buy ANY Metamucil® product**



DEALER: We will reimburse the face value of coupon plus our specified handling fee provided you accept it from your customer on purchase of brand specified. Other applications constitute fraud. We in our sole discretion may refuse reimbursement where we suspect fraudulent redemption has occurred. Applications for reimbursement received after 3 months from expiry date as indicated on this coupon, will not be accepted. Reimbursement will be made only to retail distributors who redeemed coupon or holder of Procter & Gamble, Inc. certificate of authority. For redemption mail to: P&G, P.O. Box 3000, Saint John, N.B., E2L 4L3.

GST/HST/QST and Provincial Sales Tax (where applicable) are included in face value of coupon.

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63771695

All pâté roads lead to a simple, red-wine-sipping kind of meal

Health Solutions

Live a little with liver — but only a little



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

If you truly have a cholesterol problem, turn the page. Still reading? OK, but this is the honour system.

Pâté is a French favourite for a few reasons. It is smooth, creamy and intense, and a little goes a long way flavour-wise.

The addition of duck fat, however, makes it out of bounds for many.

Liver itself is quite nourishing. It is rich in Vitamin A, which is great for your eyes (unless you are pregnant, then it can be too high for baby), B12, to help keep heart-disease-causing homocysteine levels low, protein and iron.

Aside from duck fat, there are caveats — and big ones.

Liver is high in cholesterol, which isn't a problem for most. But if your doctor has asked you to avoid it, do so.

In addition, liver is the organ that cleanses the body of all kinds of toxins. Which means,

whatever the animal was exposed to can get concentrated in their liver and you would be consuming any manner of pesticide, medication and environmental toxins.

Simple solution? Go organic. Organic chickens are fed organic feed, which reduces their load and, in turn, yours. They are available at health-food stores and well worth the effort. Like, once in a while. Don't be doing this weekly, sheesh.

Trim livers of any fat or other ick and simply pan fry on high heat with garlic and oregano for a traditional Greek treat. It's excellent as an appetizer! Or, bust out the hand blender and puree into pâté.

Either way, classic Mediterranean simplicity is at your finger tips.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH ABOUT 30 MINUTES



This recipe serves six. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

Traditional pâté is often made with about 50 per cent added saturated fat.

This recipe uses extra virgin olive oil and a little bit of butter but nets a smooth and creamy spread that can be the centrepiece for your next Friday night charcuterie platter.

Spread on veggies, add some hummus and make it a simple, red-wine-sipping kind of meal.

1. Clean livers and remove

Ingredients

- 1 lb organic chicken livers
- 1/4 cup extra virgin olive oil
- 3 tbsp butter, melted and divided

ducts and any fat. Rinse in a colander and place into a large casserole dish.

2. Add remaining ingredients,

- 1 tbsp balsamic vinegar
- 1/2 tsp sea salt
- 1 tsp thyme
- Black pepper, to taste

except pepper, and bake at 300 F for 30 minutes until very firm. Stir once during baking.

3. Allow to cool and use a hand wand to puree well.

4. Using a spatula place into jars, top with ground pepper and drizzle with melted butter. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE FOUND DAILY AT MYFRIENDINFOOD.COM**

Goat Cheese Phyllo Bites: fancy side of snacks

1. Heat the oven to 375 F. Arrange the phyllo cups on

a rimmed baking sheet. Set aside.

Ingredients

- 3 packages (each package contains 15 cups) phyllo pastry cups
- 1 1/2 tbsp unsalted butter
- 1 1/2 tbsp all-purpose flour
- 1/2 cup 1% milk
- 4-oz log soft goat cheese, crumbled

- 1 oz finely grated Parmigiano-Reggiano
- 1 large egg, separated, plus 1 large egg white, at room temp
- 1 1/2 tsp Dijon mustard
- Kosher salt and black pepper
- Pinch of cream of tartar
- 45 fresh dill, tarragon sprigs

2. In saucepan over medium-low heat, melt the butter. Add the flour and whisk 2 minutes. Add milk in a stream, whisking, and bring to a boil, whisking. Simmer, stirring occasionally, for 3 minutes. Remove from the heat and stir in the goat cheese, half of the Parmigiano-Reggiano, egg yolk, mustard and salt and pepper, to taste, stirring until smooth. Set aside.

3. In bowl, use an electric mixer to beat both egg whites

until foamy. Add the cream of tartar and continue beating until they just hold stiff peaks. Stir a third of the whites into the sauce, then fold in the remaining whites, gently.

4. Spoon mix into phyllo cups. Bake on the oven's middle shelf until they are puffed and golden, about 15 minutes. Transfer to a platter, sprinkle the tops with the remaining cheese and some herbs, then serve immediately. **THE ASSOCIATED PRESS**



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

NHL

X-rays show Stamkos not well enough to play

Injured Tampa Bay Lightning star Steven Stamkos is recovering, but not ready yet to return to the lineup.

Stamkos is sitting out a four-game post-Olympic trip that starts Thursday at Nashville.

Stamkos underwent X-rays on Monday that revealed that his broken right shin, which has sidelined him since November, is improving but not enough for him to be cleared to play in games.

The centre will travel with the team to continue practising, and is expected to be examined again when the Lightning return for a homestand that begins March 6 against Buffalo.

Stamkos was injured on Nov. 11 at Boston. He has 14 goals and 23 points in 17 games this season.

THE ASSOCIATED PRESS

CFL

Higgins gets call to take Alouettes into new era

For a second year in a row, the Montreal Alouettes will start the CFL season with a new head coach.

Alouettes owner Bob Wetenhall announced Monday that Tom Higgins will be the club's new head coach.

The former Edmonton Eskimos and Calgary Stampeders bench boss replaces general manager Jim Popp, who took over on Aug. 1 when the inexperienced Dan Hawkins was fired only five games into the 2013 season. THE CANADIAN PRESS



Carey Price shows his gold medal to the media at the Montreal Canadiens' practice facility on Monday in Brossard, Que. RYAN REMIORZ/THE CANADIAN PRESS

Price checks back in after 'satisfying' trip

Hockey. Habs goalie coming off high of winning gold and posting stellar numbers

Quoted

"Emotionally, it was a very trying time. I'm just taking the next couple of days to relax and unwind."

Team Canada goalie Carey Price

Carey Price looked a little dazed at the Montreal Canadiens practice facility after returning from Canada's Olympic hockey triumph.

Price arrived with some other players on Monday morning from Sochi, Russia, where his near-flawless goaltending helped Canada to a second straight gold medal in

men's hockey.

Still jet-lagged and sleepy, he didn't take part in the Canadiens' practice and will have at least two days off to recover.

He said the gold he flashed for the photographers in front of his locker-room stall "still hasn't sunk in a whole lot."

"I'm sure it will over the

next couple of days."

Price went to Sochi not knowing how much work he'd get in the net, but he started Canada's opening game against Norway and ended up playing five of the team's six games. Roberto Luongo got the other start and also got a shutout against Austria.

Price led Olympic goalies with a 0.59 goals-against average as Canada let in only three goals in the tournament. He posted a .971 save percentage and had two shutouts.

Now he feels the confidence gained from that performance will make him a better goalie in the NHL.

"It's satisfying, no question," the 26-year-old said. "There was a lot of doubt about the position going into the Olympics. We heard about it in August at the orientation camp. And to be able to deliver at the right time was huge."

THE CANADIAN PRESS

Can Canada keep the gold times rolling?



Sloestyle skiing gold medalist Dara Howell from Huntsville is welcomed back to Canada by family members in Toronto Monday. CHRIS YOUNG/TORSTAR NEWS SERVICE

Canada's Olympic team in Sochi benefited from the afterburn of hosting the previous Winter Games in 2010.

It's a trend, although not a given, that the home country of an Olympic Games can parlay the momentum for another quadrennial or two because of a high-revving sports system.

Canada won 25 medals in Sochi after a total of 26 in Vancouver in 2010.

The Canadian team finished third in overall medals and first in gold four years ago. In Sochi, the final tally was good for

Hosts' right to boast

- China was second with 100 medals at the 2008 Beijing Games and second with 88 in London in 2012.
- The U.S. has cracked the top three in the Winter Games

medal count since hosting in 2002.

- Australia hit a high of 50 medals in Athens after Sydney had the Games in 2000, but fell to 35 in London.

fourth overall and third in gold.

Hosting a Games made Canada a winter sport power, but can it last to 2018 and beyond?

"I think it's sustainable,"

said Steve Podborski, Canada's chef de mission in Sochi. "It's really, really fun to be good at something."

THE CANADIAN PRESS

Man with the golden touch

Sidney Crosby's career features numerous highlight-reel goals. Here's a look at five that may rank among his best.

TORSTAR NEWS SERVICE
Photos by Getty Images



Welcome back, Sid

The goal Crosby scored against the Islanders in November 2011, in his first game back from a long concussion layoff. Crosby broke through the Islanders defence and tucked a backhand top shelf, one of his fave moves.

Winter Classic shootout

You can hear Crosby yelling his familiar "wooooo" as he beat Sabres goalie Ryan Miller in the shootout to end a thrilling Winter Classic game in Buffalo in 2008.



Premiere of the Crosby Show

This one came against the Canadiens in November 2005 and was one of the goals that started the legend. To end a shoot-out, Crosby did his little leg kick fake, then went backhand roof past a helpless Jose Theodore. For good measure, the puck knocked the water bottle off the top of the net.

Sochi Olympics

This was Crosby's latest thriller, and it carries more weight than first meets the eye. Another deke backhand, it broke Sweden's hopes and essentially propelled Canada to a second consecutive gold medal.



Golden goal in Vancouver

You can hear Crosby shout to Jarome Iginla for a feed as he bolted to the net from the corner. Miller was the victim again as Crosby won the gold medal for Canada. The goal ranks up there with the most famous in international competition for Canada.

NHL

Sabres still dangling Miller on trade market

A person familiar with discussions has told The Associated Press that Buffalo Sabres GM Tim Murray continues to pursue offers for goalie Ryan Miller with the intention of dealing him before the NHL trade deadline on March 5.

The person spoke on the condition of anonymity because Murray did not speak to reporters Monday.

The person said the team's first option is trading Miller, who is in the final year of his contract. Option No. 2 would be making a bid to re-sign Miller if a trade can't be completed.

Miller was a no-show at Sabres practice Monday because the United States' backup goalie was travelling from the Sochi Games.

Miller was scheduled to arrive later in the day.

THE ASSOCIATED PRESS



SkyHawks halt Express

Tirrell Baines of the Ottawa SkyHawks shoots over Windsor Express defender Erik Parker during an NBL Canada game at Cégep de l'Outaouais in Gatineau on Monday night. The SkyHawks won 104-95. For the story, go to metronews.ca. MIKE CARROCCETTO / FOR METRO

Collins among old pals in return with Nets

NBA. Openly gay player playing alongside many former teammates with a 10-day contract in tow

Jason Collins has a week and a half to prove himself to the Brooklyn Nets.

He signed a 10-day contract, one of the toughest deals in sports because it gives non-superstars almost no time to impress their coaches and teammates in hopes of sticking around.

With this group, Collins did that long ago: The Nets locker-room is filled with former teammates who have already accepted the league's first openly gay player and his on-court habits, which are the ones that matter most to them.

"Guys already know what ... to expect from me. It's like, OK, he's not going to magically have a 40-inch vertical (leap) and shoot threes," Collins said.

That made it the ideal place for his historic return to the NBA.

Perhaps, as numerous players insisted after Collins came out in a Sports Illustrated

article last April, athletes were ready to accept a gay teammate. Maybe Collins would have been welcomed anywhere he signed.

But maybe not. As the bullying scandal involving the Miami Dolphins proved, the locker-room can be a place where abusive language can divide a team and threaten to derail a season, to say nothing of the fallout for the players themselves.

The loudest voices with the Nets, however, belong to the team leaders, and they've already made up their mind about Collins.

Old teammate Jason Kidd coaches the team. Collins played with Joe Johnson in Atlanta and Kevin Garnett and Paul Pierce in Boston, and they are now the respected veterans in Brooklyn.

Collins played six and a half years with the Nets, who he helped reach the NBA Finals with Kidd in 2002 and 2003. One of his first calls when he came out last April was to Kidd.

"You look at all the connections that Jason has and also being that he played with the Nets before, so I think this is a great opportunity for him," Kidd said.

THE ASSOCIATED PRESS



Jason Collins made his return to the NBA on Sunday night playing for the Nets against the Lakers in Los Angeles. JEFF GROSS/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

There are a number of things you need to get rid of, things that are stopping you from realizing your potential. You know what they are and you know they must go. Now is the time put the past behind you.

Taurus

April 21 - May 21

You need to find ways to further your ambitions while not appearing too selfish. This is a time of great opportunity. Stay calm, stay focused and, above all, stay the course.

Gemini

May 22 - June 21

You are going to have to make a difficult choice and what you decide will affect your life for years to come. Only you can make this choice but it's got to be one thing or the other. The worst choice is no choice at all.

Cancer

June 22 - July 23

The Sun in Pisces boosts your confidence and make it easier to take chances. Not that you should push your luck at every opportunity but you do need to be a bit more adventurous.

Leo

July 24 - Aug. 23

One of your more impulsive moods could lead to something good . . . or something bad. You will get into risky situations – the sort you like best – but you know how to get out of them too.

Virgo

Aug. 24 - Sept. 23

Because the approaching new moon falls in the partnership sector of your chart you will find it easier to identify with and sympathize with other people's worries. Help them if you can but don't let their worries rub off on you.

Libra

Sept. 24 - Oct. 23

Take care you don't get too close to a situation and lose your sense of perspective. You need to make a conscious decision to stand back from what you are doing and see the bigger picture.

Scorpio

Oct. 24 - Nov. 22

Put your own interests first and start work on something you have been thinking about for months. This is an excellent day for creative activities, so put your doubts behind you and follow your dream.

Sagittarius

Nov. 23 - Dec. 21

If a loved one demands more independence you must give it to them. You should know by now that the harder you try to control other people the more it hurts when they finally break away.

Capricorn

Dec. 22 - Jan. 20

You will get a lot out of social activities today, so make the effort to get out into the world. The more you engage with people the more you will see how similar we all are.

Aquarius

Jan. 21 - Feb. 19

If you want something enough you will find a way to get it, no matter how many obstacles are placed in your path. Whatever challenges you face you are big enough and tough enough to deal with them.

Pisces

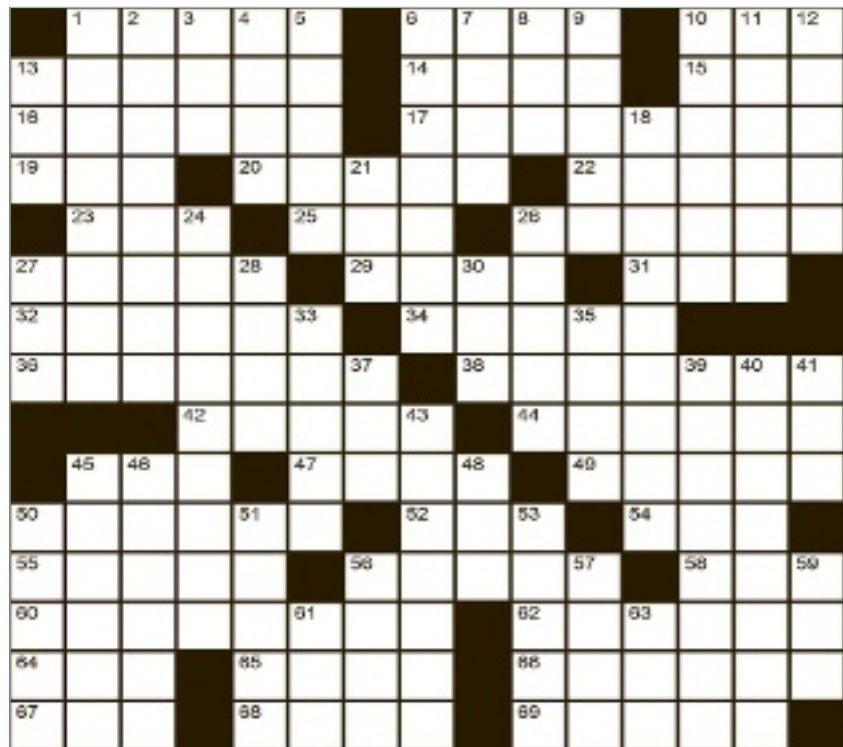
Feb. 20 - March 20

Success is yours if you want it enough, so do you? Pisces is often a laid back sort of sign, so maybe you are happy taking each day as it comes. If so, that's okay – you are who you are. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Nary ___ (Nobody)
- Bible boy
- Ms. Gardner
- Refinement
- Taj Mahal's site
- Vancouver-born actor Mr. Bellows
- Manitoba: __, __ Provincial Park
- Oscars: 2014 Best Original Song nominee "Happy" by __ Williams
- URL ending
- Singer Ms. Baker
- Choreographer Mr. Terrio
- E-Mail sending acronym
- Santa __, California
- Pamper
- Tidal bore
- "Sand in My Shoes" singer
- Coral+reef
- Great Pyramid of Giza commissioning Pharaoh
- Sally Field's Oscar-winning role, __ Rae
- 1998 Barenaked Ladies chart-topper: 2 wds.
- Rumour
- Mister, in Madrid
- Little wave
- Is able to
- United __ Emirates
- Reservations



- Least wild
- Global currency org.
- Green Day drummer, __ Cool
- Stevie Wonder's "___ Called to Say I Love You"
- Cherish
- "The Age of Innocence" (1993) actress ...her initials-

- Wayne movie
- Laurentian locale, Saint-__
- Reverberations
- French article
- Marvel Comics superhero
- Flunky
- Bottom-of-letter letters
- Articulates
- 1953 John

- German highway
- Robert Service poem, The Cremation of __
- ___ whim
- Calif. campus
- British singer Ms. Lewis
- 2014 Best Picture

- nominee, "___ Phil-lips"
- Turkish official or military title
- Mr. Gershwin
- Elaine __ ("Taxi" role for Marilu Henner)
- Schedule
- In a despicable manner
- Festive song:

BY KELLY ANN BUCHANAN

- "O Come, ___ Faithful"
- White House defence advisory gr.
- Locale of pre-Oscars telecast action: 2 wds.
- Polit. designation
- ___ Pass (Alberta community in The Rockies)
- Apples gadget
- Green
- Sword sort
- Play-___
- La Chambre Rouge occupant, __ du Canada
- But: French
- North or South country [abbr.]
- BC mining community
- Other self: 2 wds.
- Thumbs-up
- Invading ilks
- Descendants of Acadians in Louisiana
- Makes funny
- Canuck financial inst.
- Standstill
- Sporty figures
- New
- Skipper's salute
- Prefix meaning 'Outer'
- Compass dir.
- "___-ching!"
- Distinguished [abbr.]

Yesterday's Crossword

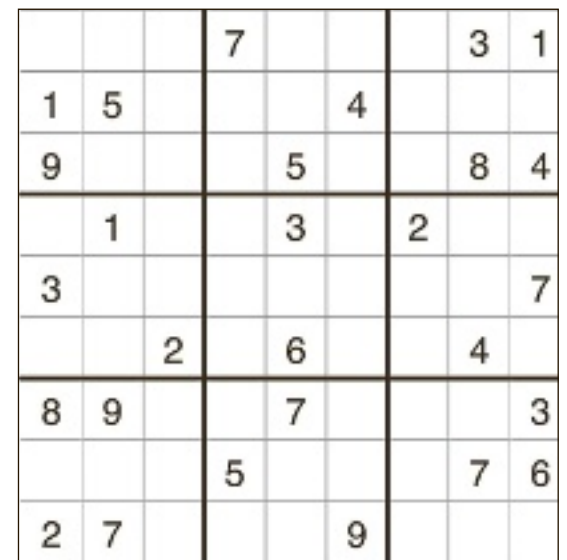
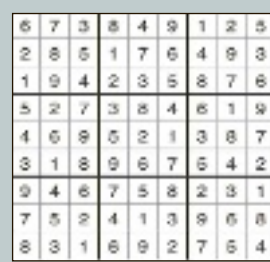


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Know what the weather
will be 14 days from now.
Check the 14 day trend.

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